

Statistics Report 18953, Bread, salvadoran sweet cheese (quesadilla salvadorena)

Report Date:October 08, 2015 01:10 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	25.48	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Energy	kcal	374	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Energy	kJ	1564	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Protein 1	g	7.12	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Total lipid (fat) 1	g	17.12	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Ash 1	g	2.44	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Carbohydrate, by difference	g	47.84	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Fiber, total dietary 1	g	0.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Sugars, total	g	24.90	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2009
Sucrose 1	g	24.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) 1 _	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Fructose 1 _	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Lactose 1 _	g	0.59	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Maltose 1 _	g	0.23	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Starch 1 _	g	16.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Minerals													
Calcium, Ca 1 _	mg	73	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Iron, Fe 1 _	mg	0.98	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Magnesium, Mg 1 _	mg	11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Phosphorus, P 1 _	mg	200	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Potassium, K 1 _	mg	350	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na 1	mg	510	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Zinc, Zn 1	mg	0.80	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Copper, Cu 1	mg	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Manganese, Mn 1	mg	0.240	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Selenium, Se 1	µg	13.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Thiamin 1	mg	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Riboflavin 1	mg	0.080	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Niacin 1	mg	1.200	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Pantothenic acid 1	mg	0.700	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 1	mg	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Folate, total	µg	33	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Folic acid	µg	21	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Folate, food	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Folate, DFE	µg	48	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Choline, total	mg	36.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Vitamin B-12	µg	0.35	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Vitamin A, RAE	µg	141	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Retinol	µg	135	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Carotene, beta	µg	81	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Cryptoxanthin, beta	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Vitamin A, IU	IU	584	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Lutein + zeaxanthin	µg	41	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Vitamin E (alpha-tocopherol) 1	mg	0.96	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, beta 1	mg	0.09	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Tocopherol, gamma 1	mg	6.90	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Tocopherol, delta 1	mg	3.49	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Vitamin D (D2 + D3)	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Vitamin D	IU	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Vitamin K (phylloquinone)	µg	11.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Lipids													
Fatty acids, total saturated	g	4.612	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2009
4:0 1	g	0.160	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
6:0 1	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
8:0 1	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
10:0 1	g	0.060	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
12:0 1	g	0.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0 1	g	0.174	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
15:0 1	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
16:0 1	g	2.396	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
17:0 1	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
18:0 1	g	1.581	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
20:0 1	g	0.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
22:0 1	g	0.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
24:0 1	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Fatty acids, total monounsaturated	g	6.794	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2009
14:1 1	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:1 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
16:1 undifferentiated 1	g	0.103	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
16:1 c 1	g	0.094	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
16:1 t 1	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
17:1 1	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
18:1 undifferentiated 1	g	6.606	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
18:1 c 1	g	4.742	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
18:1 t 1	g	1.864	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
20:1 1	g	0.060	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
22:1 undifferentiated 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 c 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
22:1 t 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
24:1 c 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Fatty acids, total polyunsaturated	g	4.428	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2009
18:2 undifferentiated 1	g	3.814	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
18:2 n-6 c,c 1	g	3.639	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
18:2 CLAs 1	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
18:2 t not further defined 1	g	0.154	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
18:3 undifferentiated 1	g	0.526	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
18:3 n-3 c,c,c (ALA) 1	g	0.489	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-6 c,c,c 1	g	0.037	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
18:4 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
20:2 n-6 c,c 1	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
20:3 undifferentiated 1	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
20:3 n-6 1	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
20:4 undifferentiated 1	g	0.053	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
20:5 n-3 (EPA) 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
22:4 1	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
22:5 n-3 (DPA) 1	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
22:6 n-3 (DHA) 1	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	2.027	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2009
Fatty acids, total trans-monoenoic	g	1.873	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2009
Cholesterol	mg	59	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Amino Acids													
Tryptophan 1	g	0.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Threonine 1	g	0.210	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Isoleucine 1	g	0.300	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Leucine 1	g	0.650	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Lysine 1	g	0.500	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Methionine 1	g	0.280	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Cystine 1	g	0.060	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Phenylalanine 1	g	0.370	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine 1	g	0.230	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Valine 1	g	0.430	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Arginine 1	g	0.250	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Histidine 1	g	0.150	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Alanine 1	g	0.360	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Aspartic acid 1	g	0.590	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Glutamic acid 1	g	1.330	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Glycine 1	g	0.200	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Proline 1	g	0.830	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Serine 1	g	0.450	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Hydroxyproline ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009

Sources of Data
¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9m, 2005 Beltsville MD